



Dojo Cleaning Procedures

Before students arrive for class

- Spray hard-surfaces that people are likely to touch (door handles, counters, chairs, etc) with Lysol spray.

After each class

- Dry mop the mats, spraying the mops with Lysol spray several times during the process.
- Dry mop the floors, using Lysol on the mop heads during the process.

Once a week – after Saturday class

- Wipe down the mats with the ZEP virucide/antibacterial solution at the proper strength.
- Wipe down hard-surfaces with the same solution
- Vacuum the floors/carpet, preferably when most students have left, keeping mask on.

Student Self-Assessment – Before Each Class

1. If you are experience COVID-19 like symptoms (fever, chills, cough, shortness of breath, sore throat, body aches, loss of smell or taste, pink eye), do not attend class until 14 days have passed.
2. If you have been in close contact with a known source of COVID-19 (e.g. family member that tested positive), do not attend class until 14 days have passed.
3. If you have travelled outside of the province, do not attend class until 14 days have passed since you returned to the province.

Student Responsibilities – In Person Class

The two most effective ways to prevent the spread of COVID-19 is to practice proper hand hygiene and to maintain physical distancing of 2m. When physical distancing cannot be maintained, the use of a face covering (e.g. mask) can reduce the risk of transmission. They will not prevent you from getting the virus, but they help prevent you from spreading it if you are infected and unaware. Wearing a mask protects others in the dojo, and you are better protected when others wear theirs.

1. Wear a mask over your mouth and nose upon entering the dojo.
2. Use the provided sand sanitizer upon entering the dojo.
3. Do you best to maintain 2m physical distancing when possible
 - a. Don't crowd the change rooms, and don't spend unnecessary time in the change rooms – your hakama can be donned on the mat.
4. Avoid touching your face during class, if you're sweating, have a cloth that you keep on your person for this purpose
5. Avoid touching hard surfaces when possible.
6. When class ends, your first stop off the mat is to sanitize your hands.
7. If you need to use the washroom, take the soap and paper towel, avoid touching hard surfaces in the bathroom, and thoroughly wash your hands before re-entering the dojo.